

Full Report (All Nutrients) 16017, Beans, black turtle, mature seeds, cooked, boiled, without salt

Report Date:October 06, 2015 12:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Proximates					
Water	g	65.74	--	--	121.62
Energy	kcal	130	--	--	240
Energy	kJ	544	--	--	1006
Protein	g	8.18	--	--	15.13
Total lipid (fat)	g	0.35	--	--	0.65
Ash	g	1.38	--	--	2.55
Carbohydrate, by difference	g	24.35	--	--	45.05
Fiber, total dietary	g	8.3	--	--	15.4
Sugars, total	g	0.32	--	--	0.59
Minerals					
Calcium, Ca	mg	55	--	--	102
Iron, Fe	mg	2.85	--	--	5.27
Magnesium, Mg	mg	49	--	--	91
Phosphorus, P	mg	152	--	--	281
Potassium, K	mg	433	--	--	801
Sodium, Na	mg	3	--	--	6
Zinc, Zn	mg	0.76	--	--	1.41
Copper, Cu	mg	0.269	--	--	0.498
Manganese, Mn	mg	0.327	--	--	0.605
Selenium, Se	µg	1.2	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.225	--	--	0.416

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Riboflavin	mg	0.056	--	--	0.104
Niacin	mg	0.527	--	--	0.975
Pantothenic acid	mg	0.260	--	--	0.481
Vitamin B-6	mg	0.077	--	--	0.142
Folate, total	µg	86	--	--	159
Folic acid	µg	0	--	--	0
Folate, food	µg	86	--	--	159
Folate, DFE	µg	86	--	--	159
Choline, total	mg	32.6	--	--	60.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	6	--	--	11
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.87	--	--	1.61
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	3.3	--	--	6.1
Lipids					
Fatty acids, total saturated	g	0.089	--	--	0.165
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.084	--	--	0.155

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
18:0	g	0.005	--	--	0.009
Fatty acids, total monounsaturated	g	0.030	--	--	0.056
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.030	--	--	0.056
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.149	--	--	0.276
18:2 undifferentiated	g	0.081	--	--	0.150
18:3 undifferentiated	g	0.068	--	--	0.126
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.097	--	--	0.179
Threonine	g	0.344	--	--	0.636
Isoleucine	g	0.361	--	--	0.668
Leucine	g	0.653	--	--	1.208
Lysine	g	0.562	--	--	1.040
Methionine	g	0.123	--	--	0.228
Cystine	g	0.089	--	--	0.165
Phenylalanine	g	0.442	--	--	0.818
Tyrosine	g	0.230	--	--	0.426
Valine	g	0.428	--	--	0.792
Arginine	g	0.507	--	--	0.938
Histidine	g	0.228	--	--	0.422
Alanine	g	0.343	--	--	0.635
Aspartic acid	g	0.990	--	--	1.832
Glutamic acid	g	1.247	--	--	2.307
Glycine	g	0.319	--	--	0.590
Proline	g	0.347	--	--	0.642

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Serine	g	0.445	--	--	0.823
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1061 PHASEOLUS VULGARIS, EDIBLE SEED CULTIVAR
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0014 BOILED
- H0259 REHYDRATED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE
- Z0052 RIPE OR MATURE